

## For Immediate Release

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## Zumba Gold fitness classes begin

**Fairfield, California (Tuesday, June 5, 2012)** —Active older adults want camaraderie, excitement, and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

The Fairfield Senior Center will begin new classes on June 11 with certified Zumba Gold instructor Deborah James at 8:30 a.m. on Mondays and Thursdays, and at 8 a.m. on Wednesdays. The class fee is \$3 per class, payable to the instructor at each class.

The Fairfield Senior Center is located at 1200 Civic Center Drive. For more information, call the front desk at 707-428-7421.

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## **About the City of Fairfield Community Resources Department**

The Community Resources Department's mission is to shape our community's future by offering an array of programs and services that meet the needs of Fairfield residents. The department strives to provide resources for all aspects of daily life. Community Resources operates affordable housing programs, recreational classes, neighborhood improvement programs, senior services, sports and aquatics programs, and youth activities. The department manages the Aquatics Complex at Allan Witt Park, Sports Center, Fairfield Center for Creative Arts, Fairfield Community Center, Fairfield Senior Center, neighborhood centers, and sports fields.